

2023 Credit Union Cherry Blossom - Elite Men (3/27/23)

#03

Langat, Charles (26)

DOB: 4/28/96

Residence:

Citizen of: KEN

Team: Asics

Lifetime PRs: 26:57/ - / 45:14:00/10 mi.

Career: 1st, '22 Dam tot Damloop 10 Mile (45:14).

2023 Times: 2nd, '23 10k Valencia Ibercaja (26:57 PB); 1st, '23 eDreams Mitja Marató de Barcelona Half Marathon (58:53 CR/PB).

#09

Kimining, Shadrack (27)

DOB: 2/10/96

Residence:

Citizen of: KEN

Team: Nike

Lifetime PRs: 28:08/ - / 45:58:00/10 mi.

Career: 5th, '22 Aramco Half Marathon (1:00:53); 3rd, '22 Medio Maratón Internacional Electrolit Guadalajara Half-Marathon (1:01:33); 6th, '22 AJC Peachtree Road Race 10k (28:08); 4th, '22 Boilermaker 15k (43:23); 3rd, '22 Antrim Coast Half-Marathon (1:01:08); 5th, '22 B.A.A. Half Marathon (1:02:39); 3rd, '21 Antrim Coast Half Marathon (1:00:32); 3rd, '20th Aramco Half-Marathon (59:27 PB); 8th, '20 AirTel Delhi Half-Marathon (59:51); 2nd, '19 Cardiff University Cardiff Half Marathon (59:32 PB); 5th, '19 Medio Maratón Valencia Trinidad Alfonso EDP Half Marathon (59:40); 3rd, '18 Yangzhou Jianzhen International Half Marathon (1:01:35).

2023 Times: 4th, '23 Publix Atlanta Half-Marathon (1:02:37).

Past CUCB Top 10 Finishes: 3rd, '22 (45:58).

#11

Kidanu, Tsegay (21)

DOB: 12/28/01

Residence:

Citizen of: ETH

Team: Asics

Lifetime PRs: 27:14/ - / 59:52:00/hmar

Career: 6th, '22 FBK-Games Hengelo 10,000m (27:17 PB); 2nd, '22 B.A.A. Half Marathon (1:02:10).

2023 Times: 1st, '23 Publix Atlanta Half-Marathon (1:00:42).

#13

Bor, Hillary (33)

DOB: 11/22/89

Residence: Colorado Springs, CO

Citizen of: USA

Team: Hoka

Lifetime PRs: - / - / 46:06:00/10 mi.

Career: 3rd, '22 Gate River Run 15-K (43:14 PB); 1st, '22 USATF Outdoor & Field Championships 3000m S/C (8:16); 8th, '22 World Athletics Championships 3000m S/C (8:30); 1st, '22 Medtronic Twin Cities 10 Mile (USATF 10 Mile Championships for Men and Women (46:06 PB/CR); 2nd, '22 Abbott Dash to the Finish Line 5k - USATF 5-K Championships for Men and Women (13:29 PB); 2nd, '22 Sugar Run 5k Classic (13:46); 5th, '22 Manchester Road Race 4.748 m (21:15); 1st, '21 USA Olympic Trials 3000m S/C (8:22); 5th, '21 Meeting International d'Athlétisme Herculis (Wanda Diamond League) 3000m S/C (8:15 SB); 1st, '20 Boulder Track Meet #1 mile (4:05.63); 5th, '19 Manchester Road Race 4.748 Mile (21:34); 8th, '18 Manchester Road Race 4.748 mile (22:03); 9th, '17 Gate River Run 15k (USATF Championships) (44:22).

2023 Times: 1st, Gate River Run 15k (43:11); 8th, '23 USATF Cross Country Championships 10k (28:57).

#15

Chelanga, Samuel (38)

DOB: 2/23/85

Residence: Colorado Springs, CO

Citizen of: USA

Lifetime PRs: 28:11/ 2:15:02/ 46:14:00/10 mi.

Career: 6th, '22 United Airlines NYC Half (1:01:49); 7th, '21 B.A.A. 5k (13:45); 4th, '22 Track Meet Presented by On Running (27:55); 10th, '22 Prefontaine Classic 10,000m (28:36); 4th, '22 Portland Track Meet 5000m (13:24); 8th, '22 AJC Peachtree Road Race 10k (28:36); 3rd, '22 Boilermaker 15k (43:09); 4th, '22 Ballad Health & Niswonger Children's Hospital Crazy 8's 8-K (USATF Men's 8k Championships) (22:58); 3rd, '22 Quad-City Times Bix 7 (32:45); 6th, '22 Asics Falmouth Road Race 7 Mile (32:53); 3rd, '22 Faxon Law New Haven Road Race 20k (USATF 20k Championships) (59:15); 3rd, '22 Great Cow Harbor 10k (USATF 10k Championships) (28:36); 2nd, '22 Medtronic Twin Cities 10 Mile (USATF 10 Mile Championships for Men and Women (46:14 PB); 11th, '21 Gate River Run 15k (U.S. 15-K Championships for Men and Women) (44:21 PB); 5th, '21 The Track Meet 10,000m (27:43 OTQ); 8th, '21 USA Olympic Trials 10,000m (28:03); 1st, '21 AJC Peachtree Road Race 10-K (28:43); 6th, Cooper River Bridge Run 10k (29:11); 3rd, '21 Amway Bank Run 25k (USATF 25k Open Championships for Men and Women) (1:14:28 PB); 3rd, '21 Manchester Road Race 4.748 mi (21:37); 2nd, '21 Mortgage Network Half-Marathon (USATF Half-Marathon Championships for Men & Women) (1:00:59); 4th, '19 Army Ten-Miler (50:19); 6th, '18Aramco Half Marathon (1:00:37 PB); 2nd, '18 Gate River Run 15k (U.S. 15k Championships) (43:16); 14th, '18 IAAF/Trinidad Alfonso World Half-Marathon Championships (1:01:23); 1st, '18 Fifth Third River Bank Run 25k (U.S. 25k Open Championships)(1:14:52); 9th, '18 Bolder BOULDER 10k (29:20); 4th, '18 Atlanta Journal Constitution Peachtree Road Race 10k (28:58).

2023 Times: 5th, '23 USATF Cross Country Championships 10k (28:49).

Past CUCB Top 10 Finishes: 1st, '16 (48:26).

#17

Simbassa, Abbabiya (29)

DOB: 6/30/93

Residence: Flagstaff, AZ

Citizen of: USA

Team: Under Armour

Lifetime PRs: 28:39/ - / 46:18:00/10 mi.

Career: 4th, '22 Gate River Run 15-K (43:22 PB); 8th, '22 United Airlines NYC Half (1:02:09); 6th, '22 Track Meet Presented by On Running (28:02); 11th, '22 Prefontaine Classic 10,000m (28:36); 5th, '22 Boilermaker 15k (43:37); 2nd, '22 Asics Falmouth Road Race 7 Mile (32:32); 5th, '22 Faxon Law New Haven Road Race 20k (USATF 20k Championships) (59:19 PB); 1st, '22 Great Cow Harbor 10k (USATF 10k Championships (28:13 CR); 3rd, '22 Medtronic Twin Cities 10 Mile (USATF 10 Mile Championships for Men and Women (46:29); 2nd, '21 Gate River

Run 15k (U.S. 15-K Championships for Men and Women) (43:56 PB); 5th, '21 USATF Golden Games and Distance Open at Mt. SAC 5000m (13:34); 7th, '21 USA Olympic Trials 10,000m (28:00 SB); 2nd, '21 Asics Falmouth Road Race 7 Mile (32:19); 2nd, '21 Faxon New Haven Road Race 20k Championships (59:54); 2nd, '21 Credit Union Cherry Blossom 10-Mile (USATF 10 mile Championships) (46:18); 3rd, Cooper River Bridge Run 10k (28:39); 1st, '21 Amway Bank Run 25k (USATF 25k Open Championships for Men and Women) (1:14:27 DB); 9th, '21 Abbott Dash to the Finish Line 5k (USATF 5k Championships)(13:58); 3rd, '15 Gate River Run 15k (44:45); 2nd, '19 Medtronic Twin Cities 10 Mile (USA 10 Mile Championships) (46:57); 2nd, '19 EQT Pittsburgh 10 Miler (48:06); 4th, '19 Flanigan's Rockin' Rib 10k (29:09); 6th, '18 Medtronic Twin Cities USA 10 Mile Championships (47:26); 6th, '18 Manchester Road Race 4.748 mile (21:49); 8th, '17 Gate River Run 15k (USATF Championships) (44:04); 5th, '17 Abbott Dash to the Finish Line 5-K (USA 5-K Championships for Men and Women)(13:59 PB).

2023 Times: 9th, '23 USATF Cross Country Championships 10k (29:02); 4th, '23 Fort Worth Cowtown Half-Marathon (USATF Half-Marathon Championships) (1:02:41).

Past CUCB Top 10 Finishes: 2nd, '21 (USATF 10 mile Championships) (46:18); 8th, 6th US, '18 (47:04).

#19

Pennel, Tyler (35)

DOB: 12/21/87

Residence: Blowing Rock, NC

Citizen of: USA

Lifetime PRs: 28:30/ 2:12:16/ 46:48:00/10 mi.

Career: 11th, '20 USA Olympic Trials Marathon (2:12:34 PB); 16th, '19 AJC Peachtree 10k (30:06); 4th, '18 Publix Gasparilla Distance Classic Half Marathon (1:04:17); 4th, '18 Boston Marathon (2:18:57); 3rd, '18 Atlanta Journal Constitution Peachtree Road Race 10k (28:50); 6th, '17 B.A.A. Half Marathon (1:05:33); 7th, '17 EQT Pittsburgh 10 Miler (47:44); 5th, '16 Men's USA Olympic Trials Marathon (2:14:57); 8th, '16 TCS New York City Marathon (2:15:09).

2023 Times: 5th, '23 Chevron Houston Marathon (2:12:16 PB).

#23

Flanagan, Ben (28)

DOB: 1/11/95

Residence: Ann Arbor, MI

Citizen of: CAN

Team: ON Running

Lifetime PRs: - / - / 1:01:00/hmar

Career: 1st, '22 Tamrack Ottawa 10k (28:40); 5th, '22 B.A.A. 10k (28:11 NR); 1st, '22 Ryan Shay Memorial Mile (3:54 CR); 1st, '22 Asics Falmouth Road Race 7 Mile (32:25); 1st, '22 Medavie Athletics Canada 5k Championships (13:38); 1st, '21 Asics Falmouth Road Race 7 Mile (32:16); 1st, '21 Scotiabank Toronto Waterfront Marathon 10-K (28:41 PB); 1st, '21 Manchester Road Race 4.748 mi (21:23); 3rd, '20 Under Armour Sunset Tour 10,000m (28:07 PB); 1st, '20 Mortgage Network Half-Marathon (1:03:19 DB); 4th, '19 B.A.A. 5k (13:49 PB); 8th, '19 Manchester Road Race 4.748 Mile (22:16); 2nd, '18 Quad-City Times Bix 7 Mile (32:56); 1st, '18 New Balance Falmouth Road Race 7 Mile (28:50); 6th, '18 Hoka One One Long Island Mile (3:57.75 PB).

2023 Times: 5th, '23 New Balance Indoor Grand Prix 3000m (7:44 PB).

#25

Thomson, Jacob (28)

DOB: 11/29/94

Residence: Flagstaff, AZ

Citizen of: USA

Team: Under Armour

Lifetime PRs: 29:00/ 2:11:52/ 47:23:00/10 mi.

Career: 1st, '22 Mesa Half-Marathon (1:02:25); 10th, '22 Gate River Run 15-K (44:09 PB); 3rd, '22 OneAmerica Mini-Marathon (USATF Half-Marathon Championships) (1:02:46); 6th, '22 Boilermaker 15k (43:51); 7th, '22 Ballad Health & Niswonger Children's Hospital Crazy 8's 8-K (USATF Men's 8k Championships) (23:12); 8th, '22 Great Cow Harbor 10k (USATF 10k Championships (29:20); 2nd, '22 California International Marathon (2:11:52 PB); 8th, '21 Faxon New Haven Road Race 20k Championships (1:00:27); 12th, '21 Bank of America Chicago Marathon (2:15:49 DB); 9th, '21 Amway Bank Run 25k (USATF 25k Open Championships for Men and Women) (1:16:24 DB); 7th, '15 Gate River Run 15k (45:02); 5th, '20 Sugar Run 5k Classic (13:50); 8th, '19 Payton Jordan Invitational 10,000m (28:10 PB); 9th, '19 B.A.A. 10k (29:13); 3rd, '19 Great Buffalo Chase 5k (14:13); 10th, '19 New Balance Falmouth Road Race 7 Mile (33:19); 10th, '19 Manchester Road Race 4.748 Mile (22:24).

2023 Times: 1st, '23 Fort Worth Cowtown Half-Marathon (USATF Half-Marathon Championships) (1:02:38); 5th, Gate River Run 15k (44:11).

#27

Tiernan, Patrick (28)

DOB: 9/11/94

Residence:

Citizen of: AUS

Team: Puma

Lifetime PRs: - / - / 47:45:00/10 mi.

Career: 1st, '22 Portland Track Festival 5000m (13:20 MR); 9th, '22 AJC Peachtree Road Race 10k (28:37); 1st, '22 Quad-City Times Bix 7 (32:32); 8th, '22 Asics Falmouth Road Race 7 Mile (32:59); 1st, '21 Las Vegas Gold Half-Marathon (1:02:38); 3rd, '20 Row River Half-Marathon (1:06:43); 7th, '17 Hoka One One Long Island Mile (4:00.43).

#29

Ferro, Blaise (25)

DOB: 10/2/97

Residence: Chapel Hill, NC

Citizen of: USA

Team: Puma Elite

Lifetime PRs: 27:56/ - / -

#33

Dressel, John (25)

DOB: 5/2/97

Residence: Chapel Hill, NC

Citizen of: USA

Team: Puma Elite

Lifetime PRs: 28:38/ 2:21:45/ 1:02:17/hmar

Career: 1st, '22 Bank of America 13.1 (1:02:17 PB/CR); 8th, '22 B.A.A. 10k (28:38); 5th, '22 Ballard Health & Niswonger Children's Hospital Crazy 8's 8-K (USATF Men's 8k Championships) (22:59); 4th, '21 Manchester Road Race 4.748 mi (21:43).

2023 Times: 7th, Gate River Run 15k (44:23).

#35

Reichow, Joel (29)

DOB: 7/24/93

Residence: St. Paul, MN

Citizen of: USA

Team: MNDE

Lifetime PRs: 29:13/ 2:12:11/ 47:36:00/10 mi.

Career: 3rd, '22 California International Marathon (2:12:11 PB); 13th, '21 Mortgage Network Half-Marathon (USATF Half-Marathon Championships for Men & Women) (1:03:38).

2023 Times: 18th, Gate River Run 15k (47:59).

Past CUCB Top 10 Finishes: 8th, 6h US, '21 (47:36); 9th, 6th US, '22 (48:11).

#37

Bor, Emmanuel (34)

DOB: 4/14/88

Residence: Colorado Springs, CO

Citizen of: USA

Team: US Army

Lifetime PRs: 28:23/ 2:22:57/ 47:49:00/10 mi.

Career: 4th, '22 David Hemery Invitational 5000m (13:01 PB); 2nd, '22 USATF Indoor Championships 3000m (7:49); 3rd, '22 N Kolay Istanbul Half-Marathon (1:00:20 PB); 8th, '22 Prefontaine Classic 10,000m (28:33 SB); 5th, '22 USATF Outdoor & Field Championships 5000m (13:14 PB); 1st, '22 Wharf to Wharf 6 Mile (27:17); 4th, '22 NACAC Championships 5000m (14:54); 2nd, '21 The Track Meet 10,000m (27:23 PB/OGQ); 3rd, '21 Eldoret City Marathon (2:11:10); 10th, '21 USA Olympic Trials 10,000m (28:06); 5th, '21 USA Olympic Trials 5000m (13:31); 3rd, '21 Asics Falmouth Road Race 7 Mile (32:21); 9th, '21 Faxon New Haven Road Race 20k Championships (1:00:31); 1st, '20 Sugar Run 5k Classic (13:37); 1st, '19 Corrida de Langueux 10k (27:53 PB); 3rd, '19 Le 10km de Port-Gentil (27:53 PB); 4th, '18 USA Indoor Championships 3000m (8:00.17); 4th, 18 Gate River Run 15k (U.S. 15k Championships) (43:35 PB); 10th, '18 Grand Blue Mile (USA Road Mile Championships)(4:05.77); 5th, Lilac Bloomsday Run 12k (34:51); 5th, '18 USATF Outdoor Track & Field Championships 5000m (13:31.52); 7th, '18 Abbott Dash to Finish Line 5k (USA 5k Championships for Men and Women (14:02).

2023 Times: 1st, '23 USATF Cross Country Championships 10k (28:44 CR).

#41

Lewis, Kevin (29)

DOB: 7/10/93

Residence: Richfield, MI

Citizen of: USA

Team: MNDE

Lifetime PRs: 29:30/ 2:12:02/ 48:25:00/10 mi.

Career: 10th, '22 Grandma's Marathon (2:13:48); 14th, '20 The Marathon Project (2:12:02 PB); 14th, '19 Gate River Run 15k (46:10); 12th, 18 Gate River Run 15k (U.S. 15k Championships) (45:51); 10th, '17 Medtronic TC Mile (Bring Back the Mile GP)(4:11.4).

#43

Jermann, Tyler (30)

DOB: 8/19/92

Residence: St. Paul, MN

Citizen of: USA

Team: MNDE

Lifetime PRs: 30:32/ 2:12:40/ 48:31:00/10 mi.

Career: 6th, '22 Amway River Bank Run 25K (USATF 25k Open Championships) (1:18:10); 4th, '21 Grandma's Marathon (2:16:42); 16th, '20 The Marathon Project (2:12:40 PB); 17th, '19 Credit Union Cherry Blossom 10 Mile (9.96 miles corrected time for 10 miles) (48:22/48:33); 4th, '19 Garry Bjorklund Half-Marathon (1:03:31 PB); '16 Grandma's Marathon (2:20:20).

2023 Times: 2nd, Austin Half Marathon (1:05:17).

#45

Tuemay, Tsegay (37)

DOB: 12/20/85

Residence: Flagstaff, AZ

Citizen of: ERI

Lifetime PRs: 28:13/ 2:09:07/ 46:06:00/10 mi.

Career: 2nd, '22 Mesa Half-Marathon (1:02:28); 11th, '22 Gate River Run 15-K (44:20 PB); 2nd, '22 Philadelphia Distance Run Half Marathon (1:02:29); 1st, '21 Philadelphia Distance Run Half-Marathon (1:02:44); 4th, '19 Bolder BOULDER 10k (29:09); 9th, '19 AJC Peachtree 10k (29:19); 10th, '19 Boilermaker 15k (45:04); 9th, Aramco Half Marathon (1:00:50 PB); 6th, '17 Berliner Halbmarathon (1:02:54); 10th, '17 Bolder BOULDER 10k (30:01); 3rd, '17 Utica Boilermaker 15k (43:59); 2nd, '16 Bay to Breakers 12k (35:24); 5th, '16 Bolder BOULDER 10k (29:53).

#47

McClintock, Matt (30)

DOB: 1/6/94

Residence: Flagstaff, AZ

Citizen of: USA

Team: McKirdy Trained

Lifetime PRs: 29:04/ 2:14:00/ 46:46:00/10 mi.

Career: 9th, '22 Gate River Run 15-K (43:57 PB); 6th, '22 Medtronic Twin Cities 10 Mile (USATF 10 Mile Championships for Men and Women (46:46 PB); 14th, '21 Gate River Run 15k (U.S. 15-K Championships for Men and Women) (44:41 PB); 6th, '21 AJC Peachtree Road Race 10-K (29:04); 13th, '20 Michigan Pro Half-Marathon (1:03:45); 2nd, '20 Mortgage Network Half-Marathon (1:03:38); 5th, '17 Crazy 8's 8k (22:55); 3rd, '17 Quad-City Times Bix 7 Mile (USA 7 Mile Championships)(33:10); 7th, '17 Manchester Road Race 4.748 Mile (21:51); 11th, '16 Manchester Road Race 4.748 Mile (21:56).

2023 Times: 4th, Mesa 10k (29:27).

Past CUCB Top 10 Finishes: 9th, 3rd US, '18 (47:10).

#51

Rodgers, Bill (75)(MM+)

DOB: 12/23/47

Residence:

Citizen of: USA

Lifetime PRs: 28:56/ 2:09:27/ 47:09:00/10 mi.

Career: 4x winner Boston Marathon ('75, '78' 79' 80; 4x winner NYC Marathon ('76, '77, '78, '79); 4x winner Cherry Blossom ('78, '79, 80, '81); Won 27 of 30 races he ran in 1978; '76 Olympian (marathon). Has run CUCB 21 times.

Past CUCB Top 10 Finishes: 1st, '78 (48:57); 1st, '79 (48:00); 1st, '80 (47:09); 1st, '81 (47:17); 2nd ' 82 (49:36); 1st, '97 M45 (52:22); 1st '98 M50 (53:06); 1st, '03 M55 (56:50).

#53

Bennie, Colin (27)

DOB: 6/3/95

Residence: San Francisco, CA

Citizen of: USA

Team: Brooks

Lifetime PRs: - / - / 47:08:00/10 mi.

Career: 5th, '22 Gate River Run 15-K (43:26 PB); 10th, '22 Asics Falmouth Road Race 7 Mile (33:04); 10th, '22 Medtronic Twin Cities 10 Mile (USATF 10 Mile Championships for Men and Women (47:08 DB); 6th, '21 Gate River Run 15k (U.S. 15-K Championships for Men and Women) (43:57 PB); 4th, '21 AJC Peachtree Road Race 10-K (28:53); 5th, '21 Asics Falmouth Road Race 7 Mile (32:25); 7th, '21 Boston Marathon (2:11:26); 9th, '20 USA Olympic Trials Marathon (2:12:14 DB); 7th, '20 Michigan Pro Half-Marathon (1:02:30 PB); 3rd, '20 The Marathon Project (2:09:39 PB); 6th, '19 Gate River Run 15k (44:17); 7th, '19 Cooper River Bridge Run (29:01 PB); 7th, '19 Lilac Bloomsday Run 12k (35:37); 8th, '19 AJC Peachtree 10k (29:10); 7th, '19 Crazy 8's 8k (23:31); 10th, '19 TD Beach to Beacon 10k (29:09); 9th, '19 New Balance Falmouth Road Race 7 Mile (33:15); 8th, '18 TD Beach to Beacon 10k (29:17 PB); 7th, '18 New Balance Falmouth Road Race 7 Mile (29:05); 10th, '18 Manchester Road Race 4.748 mile (22:09).

2023 Times: 8th, '23 Fort Worth Cowtown Half-Marathon (USATF Half-Marathon Championships) (1:03:08).

#55

Kincaid, Woody (30)

DOB: 9/21/92

Residence:

Citizen of: USA

Team: Nike

Lifetime PRs: - / - / 27:06/10,000m

Career: 2nd, '22 USATF Outdoor & Field Championships 5000m (13:07); 1st, '22 NACAC Championships 5000m (14:49); 3rd, '21 The Ten (27:13 PB); 1st, '21 USA Olympic Trials 10,000m (27:54); 3rd, '21 USA Olympic Trials 5000m (13:28); 10th, '20 Olympic Games 5000m (13:18 SB); 15th, '20 Olympic Games 10,000m (28:12); 3rd, '19 USATF Outdoor Track & Field Championships 5000m (13:27 PB); 1st, '19 Portland 5000 (12:59 PB).

2023 Times: 1st, '23 New Balance Indoor Grand Prix 3000m (7:41 PB).

